

# You Are The One (P)

**COPPER** **KNOB**  
STEPSHEETS

拍数: 64      墙数: 0      级数: Partner  
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音乐: You Are the One - Carlene Carter



## STEP, STEP TOGETHER, STEP, HOLD, STEP, STEP TOGETHER, STEP, HOLD

1-4      Step right forward, step left beside right foot, step right back, hold  
5-8      Step left back, step right beside left foot, step left forward, hold

## STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, BRUSH

1-4      Step right forward, step left behind right foot, step right forward, brush left  
5-8      Step left forward, step right behind right foot, step left forward, brush right

## STEP, SLIDE, STEP CROSSED, HOLD, STEP, SLIDE, STEP CROSSED, HOLD

1-4      Step right to right side, slide left beside right foot, step right across in front of left foot, hold  
5-8      Step left to left side, slide right beside left foot, step left across in front of right foot, hold

## HEEL STRUT ¼ TURN, HEEL STRUT ¼ TURN, BACK TOE STRUTS

1-2      Step right heel turning ¼ turn to right, drop right foot down  
3-4      Step left heel turning ¼ turn to right, drop heel down  
5-6      Touch right toe back, drop right heel down  
7-8      Touch left toe back, drop left heel down

## STEP, LOCK, STEP, HOLD, STEP, LOCK, STEP, LOCK, STEP, HOLD

1-4      Step right back, slide left across in front of right foot, step right back, hold  
5-8      Step left back, slide right across in front of left foot, step left back, hold

## POINT, HOLD, STEP, HOLD, HEEL, HOLD, STEP, HOLD

1-4      Point right toe backward, hold, step right forward, hold  
5-8      Touch left heel forward, hold, step left backward, hold

## STEP, LOCK, STEP, HOLD, STEP ½ TURN, SLIDE, STEP, HOLD

1-4      Step right back, slide left across in front of right foot, step right back, hold  
5-8      Step left ½ turn to left, slide right beside left foot, step left forward, hold

## MAN: STEP, SLIDE, STEP, HOLD, STEP, SLIDE, STEP, HOLD

## LADY: STEP ½ TURN, SLIDE, STEP, HOLD, STEP ½ TURN, SLIDE, STEP, HOLD

Release left hand

1-4      **MAN:** Step right forward, slide left beside right foot, step right forward, hold  
          **LADY:** Step right ½ turn to left, slide left beside right foot, step right back, hold  
5-8      **MAN:** Step left forward, slide right beside left foot, step left forward, hold  
          **LADY:** Step left ½ turn to left, slide right beside left foot, step left forward, hold

**REPEAT**